

體重管理計劃

Weight Management Program

8 classes/ session , 30 minutes/ class

Target : Children, Young adult, parents or people who are interested

Class day: Every Wednesday or Saturday (at your desirable time)

8 classes: \$2000



- **Specialized nutrition appraisal** – After assessing a person's eating habits, living style and health status, our nutritionists will provide individual dietary analysis with regular follow-up to prescribe a tailor-made diet plan. Tailor-made everyday food choices and selections, cooking ideas, as well as practical dine out tips are all you have been looking for in your journey for a healthy life.
- **Specialized Dietary Consultation Services** – Services include Weight Loss Program, Weight Gain Program, Healthy Eating Program, Enhance Learning Ability Dietary Program, Enhance Immune System Dietary Program and Picky Eaters Transforming Program, as well as Post-natal slim-up program.
- **3-Step Dietary Consultation Services:**

1

- Health Status Assessment (BMI, fat composition, blood pressure assessment)
- Dietary Assessment (Eating habits & living style)

2

- Professional healthy dietary advice
- Tailor-made diet plan
- Practical dine out tips
- Cooking ideas include cooking method and recipes

3

- Correct dietary habits
- How to read nutrition label
- How to make a correct food choice

My child is a bit chubby, does she need dietary counseling?

Weight concerns related to various factors; yet, the most relevant issue is usually dietary intake. After having a weight and health assessment, we'll provide a tailor-made diet plan to your child according to her needs.



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